

SUGGESTED SCHEDULE FOR AT-HOME LEARNING

Daily Activity	How long?	How many times per day?	Activity Options
Academic Time	30 minutes	3-4 times (elementary) 4-6 times (middle school)	-Read -Complete learning activities -Explore online learning tools and resources
Brain Breaks	15-30 minutes	2-3 times/day	-Take a walk -Fix a healthy snack -Explore outside -Do yoga or mindfulness activities -Dance -Play outside
Meals	30 minutes	3 times/day	-Eat breakfast, lunch, and dinner -Talk with your family
Help at home	15-30 minutes	2-3 times/day	-Help with household chores -Clean your room -Put away belongings -Help prepare meals
Socialization	30 minutes	2-3 times/day	-Play board or card games, play outside, ride bikes -Visit with friends virtually
Enrichment	Varies	Varies	-Create with arts and crafts, Legos, nature materials -Read, listen to an audiobook or podcast -Watch an educational program or video -Listen to music or play an instrument -Write a letter or a story -Bake or cook something -Do puzzles -Explore virtual field trips